

1. Record Nr.	UNINA9910702996703321
Titolo	Benefits of exercise [[electronic resource]]
Pubbl/distr/stampa	[Bethesda, Md.] : , : National Institutes of Health, , [between 2000 and 2009?]
Altri autori (Persone)	RichardMargaret
Soggetti	Exercise - Physiological aspects Exercise for older people Physical fitness for older people Documentary films. Streaming videos.
Lingua di pubblicazione	Inglese
Formato	Videoregistrazione
Livello bibliografico	Monografia
Note generali	Available as both streaming video (1 min., 3 sec., WMV file, sd., col.) and downloadable video (1 min., 3 sec., WMV file, sd., col.) files. Title from title frame. Accompanied by transcript in HTML format.
Sommario/riassunto	Testimony from Margaret Richard, popular physical fitness instructor and twenty-year practitioner, on the positive outcomes of regular exercise.